

Choco Fever Dream

5-Ingredient Beef Enchiladas

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 8 corn tortillas
- [ ] 1 cup enchilada sauce
- [ ] 1 cup shredded cheddar cheese
- [ ] 1/2 small onion, diced
- [ ] 1 tsp cumin
- [ ] 1 tsp chili powder

Instructions

1. In a skillet over medium heat, add the ground beef, diced onion, cumin, and chili powder; cook until browned, stirring occasionally.
2. Warm each tortilla for about 5 seconds on each side in a dry pan so they stay soft and pliable.
3. Spread a thin layer of enchilada sauce on the bottom of a baking dish, then spoon beef mixture onto each tortilla, roll, and place seam-side down.
4. Cover the rolled tortillas with the remaining sauce and sprinkle shredded cheese evenly on top.
5. Bake at 375°F (190°C) for 15-20 minutes, until the cheese melts and turns golden; let rest 5 minutes before serving.

Nutrition per serving

420 kcal	24 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, add a pinch of cayenne to the beef mixture.
- For a lighter version, use reduced-fat cheese and a tomato-based sauce.
- Pair with a squeeze of fresh lime for a bright finish.